

# How to get rid of Gout Pain in Your Big Toe in 3 Easy Steps

**H**ere, you'll discover how to get rid of **gout** pain in your big toe using 3 simple treatments for gout. Plus, what you need to do to prevent recurring gout in the big toe with it's possible serious issues.

## Symptoms of **Gout Toe**

The general symptoms of gout tend to be redness, puffiness, stiffness, inflammation, temperature, and, excruciating pain. It happens mostly in older men, but it occurs also in younger men and women. And the most common area attacked is your big toe, but it can occur in most any joint, e.g. ankle, knee, elbow, wrist, and so on.



## Cause of Gout in the Toe and Other Joints

**gout attack** is actually due to the appearance of **uric acid** crystals in your joints, and of course, this happens more often in your big toe. But where do these crystals come from? These are formed as a direct result of you having higher-than-normal levels of **uric acid** in your blood.

Normally, the uric acid that your body normally produces, is processed through your own kidneys, which then produce excess uric acid from the body via the urine with a small amount through stools. This leaves low levels which your body needs.

*“ But, when your kidneys are certainly not working effectively enough, or, your body is actually producing way too much uric acid for your kidneys to process, excess / too much uric acid is retained in the blood stream. This then leads to crystals in your big toe, for example, and gout.*

## Drug-Based Medications for Gout

Your doctor will almost certainly prescribe drugs to relieve pain, reduce inflammation and lower uric acid. These function pretty well, but, they can have several bad part effects; stomach pain, bleeding, stomach ulcers, head aches, nausea, vomiting and allergic reactions.

- But, they can not address the root cause of gout, so they're only effective so long as they are being taken.
- The pain killers and anti-inflammatory drugs are obtained until the pain and symptoms go away.
- But, the uric acid reducing drug(s) are long term, so as to keep healthy **uric acid levels** and prevent recurring gout.

## Recurring Gout Complications

And, it's really important to control your uric acid levels going forward, in order to help prevent gout. Frequently occurring gout attacks over an extended interval can cause you to have severe complications, such as high blood pressure, kidney gems, kidney damage, and, permanently damaged joints, e.g. your big toe.

## Gout Home Remedies

So, as a result of taking drugs over the longer term with their possible nasty side effects, several gout sufferers are employing the natural benefits of home remedies for gout. Here are 3 typical cures to get rid of gout pain in your big toe...

- Consume 20 - 40 cherries every day.
- They have natural antioxidant and anti-inflammatory properties.
- You can also drink the **cherry juice** you get in health food stores.

*Drink 12 x 8oz glasses of water everyday to aid you kidneys do their job of digesting and flushing excess uric acid out of your system.*

- Dip your big toe in alternating hot and cold water foot baths. 3 minutes hot water then 30 just a few seconds in cold water, then keep repeating.
- Replenish hot and cold water as necessary.
- This helps the circulation and reduces irritation.

## How to Prevent Recurring Gout

Of course, this particular only helps with your current got attack in your big toe. There are lots of other home remedies you need to look at, plus, critical things like your diet, weight position, and lifestyle, so that you can avoid recurring gout and possible permanent harm down the road.

## You're in Luck Though

There's a special gout report available online that has all the information you need in one place. It is what 1000s of ex-gout sufferers worldwide have successfully used to prevent their gout returning. It also contains a special 2 hour gout remedy program.

And it uses fully-researched, totally natural methods. So that you benefit two ways: (1) you get rid of your excruciating pain very fast, and, (2) you prevent your gout returning, so that you reduce the risk of permanent damage.

You want to get gout pain relief in 2 hours plus prevent your gout returning in the future, then go to <http://gout-relief-today.blogspot.com> and discover how you can quickly do each with out expensive drugs using awful side effects.

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